

# Angina bullosa haemorrhagica



## Information for patients

Charles Clifford Dental Hospital



## What is angina bullosa haemorrhagica?

Angina bullosa haemorrhagica is a relatively rare condition for which the cause is unknown. Its literal meaning is "painful blood-filled blister". It is characterised by the rapid formation of blood filled blisters to the lining of the mouth, usually following minor injury to the lining of the mouth as may happen whilst eating, particularly sharp foods, or following dental treatment.

## Who does it affect?

It can affect any age, but is more common amongst older people and affects men and women equally. Individuals who use steroid based inhalers for long periods of time may be more susceptible. The condition may run in families.

## What symptoms may I experience?

Individuals who suffer from angina bullosa haemorrhagica often find that the blisters develop after some form of minor injury to the lining of the mouth. This may be for example after eating sharp foods, or following routine dental treatment, or sometimes for no particular reason.

The blisters are occasionally sore when they form and tend to develop rapidly. When they burst they often develop an ulcer that heals quickly without leaving a scar.

## What is the cause?

The cause of the condition is unknown.

## How is it diagnosed?

Angina bullosa haemorrhagica is diagnosed based on what you as a patient tell us about the problem as well as the appearance and location of blisters. Your doctor may wish to undertake blood tests to investigate further and possibly take a biopsy of one of the blisters to confirm the diagnosis and rule out other possible conditions that are associated with mouth blisters.

## How is it treated?

Most people don't require any form of treatment. Most blisters are small and burst on their own. Very occasionally larger blisters may require drainage and in rare circumstances large blisters that form on the throat will require immediate medical assistance, such as attendance at A&E. If your mouth does become sore there are certain mouthwashes and sprays that you may find useful such as Difflam and Corsodyl.

## Will it go away?

Angina bullosa haemorrhagica is a harmless condition and often resolves itself.



Typical appearance of blood-filled blisters affecting the soft palate in angina bullosa haemorrhagica

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